NAME:

2

30 to 45 mL

(2 to 3 Tbsp)

each day



## Food Guide Servings per day

#### GIRL OR BOY AGED 4-8

## **Vegetables and Fruit** 1 Food Guide Serving =

125 mL (½ cup) fresh, frozen or canned vegetable or fruit or 100% juice or 250 mL (1 cup) leafy raw vegetables or salad or 1 piece of fruit

### **Grain Products**

1 Food Guide Serving = 1 slice (35 g) of bread or  $\frac{1}{2}$  pita or tortilla (35 g) or 125 mL (1/2 cup) cooked rice, pasta or couscous or

30 g cold cereal or 175 mL (¾ cup) hot cereal

#### Milk and Alternatives

1 Food Guide Servina = 250 ml (1 cup) milk or fortified soy beverage or 175 q (¾ cup) yogurt or

50 q(1 ½ oz) cheese

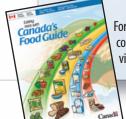
#### Meat and Alternatives

#### 1 Food Guide Serving =

75 g (2  $\frac{1}{2}$  oz)/125 mL ( $\frac{1}{2}$  cup) cooked fish, shellfish, poultry or lean meat or 175 mL (¾ cup) cooked legumes or tofu or 60 mL (1/4 cup) shelled nuts and seeds

Oils and Fats

Include a small amount of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.





# My Food Guide Servings Tracker FOOD INTAKE RECORD

NAME: DATE:
-------------

FOODS								
	MEAL	VEGETABLES AND FRUIT	GRAIN PRODUCTS	MILK AND ALTERNATIVES	MEAT AND ALTERNATIVES	OILS AND FATS	FOODS TO LIMIT	
			Num pict		O		Limit foods and beverages high in calories, fat, sugar or salt.	
BREAKFAST	=	=						
LUNCH	=	=						
DINNER	=	=						
SNACKS	=	=						
TOTAL NUMBER OF FOOD GUIDE SERVINGS	=	=						